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Woodpecker, one of the dogs rescued.
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Nepal marks one year since the deadly earthquake that claimed nearly 9,000 lives. **World**

Controversy spawns anew

OCEAN FERTILIZING

Under-review Haida Gwaii experiment pitched to Chile

Spawning sockeye salmon make their way up the Adams River in Roderick Haig-Brown Provincial Park near Chase, B.C., in 2014. As Canada continues to probe Haida Gwaii ocean fertilizing, a new project is being proposed in Chile. JONATHAN HAYWARD/THE CANADIAN PRESS

The federal government is still investigating an experiment off the West Coast almost four years ago aimed at boosting salmon stocks that sparked an international outcry.

Now a former director and operations officer of Haida Salmon Restoration Corp. says he wants to carry out another ocean-fertilizing exercise, this time off South America.

Jason McNamee says the company Oceaneos, where he serves as chief operations officer, has been in talks about fertilizing the ocean with iron with the Chilean government, which could not be reached for comment.

In July 2012, the now-inactive Haida Salmon Restoration travelled to international waters near the islands of Haida Gwaii where it dumped 100 tonnes of iron sulphate into the water in an effort to restore waning salmon stocks.

Critics said the practice was largely untested. But proponents of ocean fertilization contend the process stimulates biological productivity in the marine environment, triggering a phytoplankton bloom that travels up the food chain and ultimately bolsters salmon populations.

Environment Canada's enforcement branch launched an investigation in August 2012, though the agency recently declined to answer any questions about the case.

"As the matter is under investigation, it would be inappropriate to provide further information at this time," spokeswoman Natalie Huneault wrote in an email.

McNamee predicts this year's British Columbia return should be "one of the largest chinook fisheries ever."

"The research is clear. If you put the right sort of iron in the right place at the right time that you will stimulate a plankton bloom. And if you do it in the right place at the right time you may stimulate fisheries."

> **Anybody who says it was a rigorous scientific experiment is either misleading or is being misled.**
> Prof. Ken Denman on the Haida Gwaii experiment

But biologist Bruce Patten of Fisheries and Oceans Canada said the possibility of a sizable 2016 salmon return can't necessarily be attributed to the 2012 iron fertilization.

Sea-surface temperatures and a particular fish stock's history are two factors considered when estimating salmon returns, though in recent years these indicators have strayed into unprecedented levels, which Patten said throws off a model's predictive ability.

Tim Parsons, a retired oceanography professor at the University of British Columbia, met early on with proponents of the Haida Gwaii experiment and recommended against the project because of what he saw as a lack of scientific supervision.

In an email, Parsons said he strongly supports iron fertilization, though he attributed part of what he considers the 2012 project's success to luck: being in the right place at the right time.

Some experts have also raised concerns over the relative absence of enforceable regulation surrounding the practice.

"There are a lot of scientists who think it's dangerous to go around dumping things like iron in the open ocean and have spent quite a lot of time trying to find ways to regulate this so it's not just a free-for-all," said Prof. Ken Denman of the University of Victoria, who also serves as a senior researcher with Fisheries and Oceans.

Data from the Haida Gwaii experiment is of questionable value, he added.

"Anybody who says it was a rigorous scientific experiment is either misleading or is being misled."

McNamee said the proposed Chilean project is still in an early phase, with no agreement in place.

In Canada, the iron dust was also dumped in the ocean in the belief that the phytoplankton bloom would act as a natural sponge to capture carbon from the atmosphere. The project in Chile won't investigate that prospect as part of a cap-and-trade credit system, said McNamee.

"That's where most of the controversy was (in 2012). Everyone thought we were out there being cowboys hoping to make a gazillion dollars."

New projects would aim for a 50 per cent split in funding between government and industry, would have to secure the support of the scientific community and abide by local and international laws, McNamee said. THE CANADIAN PRESS

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I'll have the Jimmy Fallon a cappella special, please

DOWNTOWN

Comedian surprises local diners with performance

Thandi Fletcher
Metro | Vancouver

Jimmy Fallon and three friends broke into an a cappella rendition of R. Kelly's Ignition (Remix) at the downtown fine dining restaurant Le Crocodile on Thursday night. YOUTUBE

Live music isn't usually on the menu at Vancouver restaurant Le Crocodile — except when Jimmy Fallon is in town.

The Tonight Show host surprised diners at French fine dining restaurant Le Crocodile when he and three friends broke into an a cappella rendition of R. Kelly's Ignition (Remix) on Thursday night.

The impromptu barbershop quartet-style performance came just a day after Fallon also crashed Paul McCartney's second concert at Rogers Arena.

Dr. Brian Day, a Vancouver orthopedic surgeon and co-owner of the Cambie Surgery Centre, said he was dining with his wife at Le Crocodile to celebrate her birthday on Thursday night.

A regular at Le Crocodile, Day said he and his wife were in the middle of enjoying some champagne with Michel Jacob, the restaurant's owner and head chef, before Fallon called Jacob over to their table and serenaded him with song.

"It was fun to be there," Day told Metro. "The whole restaurant liked it. They were very good. A lot of people took their iPhones out and took little clips."

While he often sees celebrities, including Angelina Jolie, at the restaurant, Day said they usually keep a low profile and other diners tend to leave them alone. Seeing Fallon jump up and sing at the restaurant, which doesn't usually have live music, was "unusual," he said.

Fallon was reportedly in Vancouver filming scenes for Race through New York, an upcoming amusement park ride for Universal Studios Orlando.

> **He made that dinner a bit more special than it already was.**
> Mahram Z. Foadi

Several videos of Fallon's performance appeared online over the weekend, including one taken by another diner, Mahram Z. Foadi, who uploaded his footage to YouTube.

Foadi, who was also at Le Crocodile with his wife to celebrate her birthday, wrote in his post that he didn't immediately recognize the comedian when he started filming.

"Because of my angle I couldn't see their faces and just assumed they're drunk," he wrote, adding that he thought the group would end up getting kicked out.

But when he took a closer look, Foadi said he realized the one face looked familiar.

"It was Jimmy!" he wrote. "First he crashes the Paul McCartney concert and now wifey's birthday dinner.

"He made that dinner a bit more special than it already was."

TRANSIT

Mayoral candidate charged in assault

A former mayoral candidate has been charged in connection to an assault on a bus driver in Vancouver.

Transit police announced Saturday that a 42-year-old man is facing charges including one count of assault after the incident that started on board a 99 B-line bus at Alma and Broadway on Tuesday evening.

Police allege the man who boarded the bus was verbally abusive to passengers.

When the bus driver stopped at Broadway and Trutch and told the passenger to get off, police allege he then spat at the operator.

The driver then got off the bus and called police.

Transit police then allege the passenger also got off and struck the driver twice on the side of the head.

Both Vancouver and transit police arrived on scene, and were able to arrest the suspect with the help of witnesses.

Charged with assault is Matthew Michael Bristo.

He has been released pending his next court appearance on conditions that include no contact with the bus driver.

Transit police spokesperson Anne Drennan said Bristo is a two-time mayoral candidate, under the name Maynard Aubichon, who ran under the Stop Party banner in 2014, finishing eighth with 508 votes.

The driver was upset but didn't require medical attention, according to police.

Drennan told Metro there have been 22 assaults on bus drivers as of March 31 this year, compared to 28 in the first quarter of 2015.

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Simon Fraser University students Jeremy Thompson, from left, Ryan Lymburner and Karak S. Thakuk are part of a team of entrepreneurs attempting to create Canada's first automated home-brewing system, Brewstr. JENNIFER GAUTHIER/METRO

Students chasing beer dreams

SIMON FRASER UNIVERSITY

Machine takes tedium, mess out of crafting of beverages

Matt Kieltyka
Metro | Vancouver

The craft beer revolution is upon us and six Simon Fraser University students are trying to capitalize on it by bring it home.

The team of engineering and business students — Ryan Lymburner, Kavi Sekhon, Derek Muxworthy, Jordan Sciberras, Karan S. Thakur and Jeremy Thompson — have been toiling away since January inventing an automated machine that can serve up a 12-pack of fresh craft brew without the mess and fuss that traditionally comes with brewing at home.

They call it Brewstr.

"Essentially, it's an automated home brewing system for craft beer enthusiasts," said Lymburner. "I got into brewing at home and found it very tedious because of the number of things you need to monitor. It's an overload of information and I thought there has to be a better way to do this."

So Lymburner pitched the project through the university's entrepreneurship program, assembled the team and secured $7,000 in funding to work on a prototype for eight months.

Halfway in, the team says their machine — in its third iteration — is consistently brewing beer with increased levels of automation.

One day, they hope a self-contained, microwave-sized consumer model will be sitting in people's kitchens as Canada's first automated home brewing machine.

While some hardcore home brewers may scoff at the idea of a machine doing all the work, the Brewstr team believes a market exists for beer lovers who would like to create their own beer if not for the equipment, technique and hardship required to actually do it.

If their product works as intended, there won't be any need to slave over a stove for hours, strain and transfer boiling liquids into fermenters and risk contamination.

One would simply choose their ingredients, turn the machine on and let it do the rest (though there is a cell phone app that lets people check in on the progress in real-time).

"Where we come in is we're going to take all those different steps and all that different equipment — the pots, the pans, the strainers, the fermenter, and everything — and we're going to compact that all into one package so people don't have to worry about all the different pieces of equipment and the different bits of knowledge," explained Thompson.

> What we're doing is shifting the experience away from dealing with the equipment to crafting these different flavours.
> Jeremy Thompson

"We still want to offer some amount of customization and the ability to craft your own ingredients, but I guess what we're doing is shifting the experience away from dealing with the equipment to crafting these different flavours and making the experience about the beer itself."

Ryan Lymburner pitched the idea for Brewster through the university's entrepreneurship program and he and the team used $7,000 in funding to work on the prototype. COURTESY BREWSTR

Thakur said interest from program directors and potential investors and consumers has been intense since the team went public with their project, but that pressure is helping motivate the team.

They say they're trying to nail down "the last few steps" and hope to demonstrate a final, polished prototype within the next four months.

Marijuana grows at a Metro Vancouver commercial grow-operation. JENNIFER GAUTHIER/FOR METRO

Officer awarded $20K in rights case

LEGALIZATION OF DRUGS

Department interfered with free speech, says tribunal

A Victoria police officer who advocates for the legalization of drugs while off-duty has been awarded $20,000 in a human rights case that pitted the nine-year veteran against his employer.

The British Columbia Human Rights Tribunal sided with Const. David Bratzer, saying the Victoria Police Department interfered with his rights as a citizen to freely express his views and ordered the award for injury to dignity, feelings and self-respect.

"Today, it's fair to say that employees, in particular police officers, have more freedom to engage in debates about public policy issues than they ever have before in this province," Bratzer said in an interview on Friday.

The tribunal ruled in an 86-page decision that Victoria police restrained or attempted to restrain Bratzer's off-duty public advocacy activities as a member of the international organization, Law Enforcement Against Prohibition. Members of the organization include current and former law enforcement officials.

The tribunal says Victoria police interfered with Bratzer's rights in five of eight complaints he made, including prohibiting him from attending a harm reduction conference in Victoria, speaking at a federal Green party event and refraining from commenting to the media about a successful 2012 marijuana referendum in Washington state.

"I accept that, for the most part, the VicPD was sincerely trying to feel its way through a confounding issue attempting to balance the interests of a long-standing public institution that is paramilitary in nature while recognizing Mr. Bratzer's right to express his views on this topic," tribunal member Walter Rilkoff wrote in the decision.

"Nevertheless, the interference was of a significant right afforded to all citizens of this country and province, including police officers, and any award must recognize the seriousness of that interference."

Acting Chief Const. Del Manak of Victoria police said in a statement the department accepts the decision, will seek to learn from it and an appeal is not planned.

Bratzer filed the complaint against the department in February 2013, saying it tried on numerous occasions to restrain his off-duty public advocacy for Law Enforcement Against Prohibition. THE CANADIAN PRESS

> **The interference was of a significant right afforded to all citizens of this country and province, including police officers.** Walter Rilkoff

CRIME

Surrey RCMP opens probe in mysterious shots-fired call

Matt Kieltyka
Metro | Vancouver

Police in Surrey are trying to get to the bottom of a shots-fired call from early Sunday morning.

RCMP say they received a call at 6:10 a.m. that a woman was seen firing a handgun out on the street in the 9500 block of 168th Street.

Officers attended the scene but found no physical evidence that a gun had been discharged in the area.

None of the neighbours that police spoke to had heard or seen the alleged incident.

The caller said the suspect had gone back into a specific residence after firing the shot, but investigators say no one in the home admitted to having any knowledge of the incident.

The home was searched and no guns were found there.

If anyone else witnessed any shots being fired in that area or saw a woman fleeing the scene, police are asking them to contact Surrey RCMP.

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Woodpecker, one of the dogs rescued by the Thailand-based non-profit group Soi Dog Foundation, arrived in Vancouver late Saturday night. COURTESY SANDI COUSINS

Rescued dogs arrive in B.C.

ANIMAL WELFARE

Group saved canines from illegal meat trade in Asia

Thandi Fletcher
Metro | Vancouver

Five dogs rescued from the illegal meat trade in Asia are being given a new leash on life in British Columbia.

The animals, which were brought here by Vancouver-based animal rescue group Leading Each Animal Safely Home, or LEASH, arrived at Vancouver International Airport late Saturday night.

LEASH worked with the Soi Dog Foundation, a Thailand-based non-profit organization that rescued the dogs from being trafficked into the dog meat industry in that region.

"The dog meat trade is a huge industry there," Cassi MacDonald, team member for LEASH, told Metro.

"It's horrifying. It's absolutely devastating because to us, dogs are our companions. They're our friends... and it's sad to imagine our companions going through such things."

Although eating dog meat is illegal in Thailand, tens of thousands of dogs are smuggled from the country every year to neighbouring regions, where they are prepared for human consumption.

The dogs are often transported in crammed crates, where they either die along the way or are tortured for hours, often before being skinned alive, according to the Soi Dog Foundation.

> We had to wait a fair while for them to clear customs, so you're waiting there in anticipation. But as soon as the crates came out, it was pretty emotional.
> Cathy Zaste

MacDonald said the dogs, which have all received veterinary check-ups and the necessary vaccinations before arriving in Canada, will stay in foster homes for about five to eight weeks until they are ready for adoption.

Cathy Zaste, who met the dogs at the airport, said she broke down in tears as soon as the animals entered the arrivals terminal around 11 p.m.

"We had to wait a fair while for them to clear customs, so you're waiting there in anticipation," she said.

"But as soon as the crates came out, it was pretty emotional."

She and husband Al, who also own a pet supply store, are fostering one of the dogs, an eight-year-old dog named Buster. The couple is also temporarily caring for another dog, Cherish, until she can be placed in another foster home.

Although the dogs had spent less than a day in their home, the Maple Ridge couple said the animals already seemed to be adjusting well, spending much of Sunday curled up at their feet.

ADOPTION

Anyone interested in adopting one of the rescued dogs can sign up on LeashSavingLives.com.

The couple, who have rescued several dogs in the past, said bringing pets into their home helps give new meaning to their own lives.

"Especially for Buster, with him being a bit older," said Cathy. "He's survived for a long time and he deserves a second chance at a better life."

The same rings true for Sandi Cousins, who took mixed-breed pup Woodpecker into her Burnaby home as a foster.

When Cousins saw the dog carted out at the airport Saturday night, she said she immediately bonded with the pooch, which she nicknamed Woody.

"I stuck my finger in his cage ... and he came up and gave me a lick," she said.

"I just wanted to get him out of there and get him home, and tell him, 'Hey buddy, this is the beginning of your new life.'"

Five dogs clear customs at Vancouver International Airport and will be fostered by local families for five to eight weeks until ready for adoption. COURTESY CASSI MACDONALD

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‘Swirl Face’ says he can change

COURTS

Crown seeks five years for the convicted pedophile

A B.C. man notorious for making child pornography in which his face was obscured with a swirl apologized in court Friday to his victims in Southeast Asia and said he wants to change.

Christopher Neil told a B.C. Supreme Court that he no longer believes sex with children is acceptable “anywhere in the world” at the conclusion of his sentencing hearing. He pleaded guilty in December to five child-sex crimes.

“I do not now see the world as I did, mistakenly, during the time when I offended,” said Neil, 41, who spoke with a shaky voice. “I will do everything I can, and it is my full intention to change my life.”

Neil has been held in custody since the RCMP arrested him two years ago on 10 charges, including producing images in Cambodia in 2003 that brought him under the scrutiny of Interpol.

Christopher Neil is notorious for images of himself abusing young boys in Southeast Asia. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

He was dubbed “Swirl Face” by international media after authorities released pictures of a man engaged in sex acts with two young boys, showing his face disguised by a digital swirl.

Neil was captured in Thailand in 2007. He later served nearly five years in prison for unrelated abuse of two boys but was released early and returned to Canada in fall 2012.

> **“I am sorry. I think about my actions daily.”**
> Christopher Neil

Court has heard he met his victims, two boys, over two days in an impoverished district known for child-sex tourism outside the Cambodian capital of Phnom Penh in February 2003.

Neil paid them to create images in which he is depicted naked with the children on a bed, court heard.

He told the court he regrets offences in which he accessed child porn in Canada in 2013.

Neil told the judge he wants to say sorry to the unnamed victims in the Cambodian images, adding he “didn’t fully appreciate the effects” on them until he heard about their lives during his sentencing hearing.

The court heard a Canadian investigator tracked down and interviewed one of the victims, who reported he was 13 at the time. The man, now about 25, was terrified of being exposed and at risk of suicide.

Crown attorney Brendan McCabe asked the judge to sentence Neil to five years in prison, which would amount to one more year after time served. McCabe told the court that Neil is a pedophile and can’t change.

Neil said he believes he can.

“I am very sorry and I just want to say to all the victims ... in this court case and others that I don’t know about and that have been harmed by my actions, I am sorry. I think about my actions daily.”

Neil’s lawyer asked the judge for a sentence of time served, arguing further incarceration wouldn’t help with his client’s rehabilitation or reintegration.

The judge reserved his decision and has set a date in early June for sentencing.

THE CANADIAN PRESS

How a mom's belly pic ended up online

PRIVACY

Photo lands on porn site after woman gets catfished

Evan Matthews
For Metro | Winnipeg

Tracey Drexler says her photo ended up on a pregnancy porn site. CONTRIBUTED

A woman from Winnipeg says she was shocked to find out photos she sent to someone she thought was a friend ended up on a pregnancy porn site.

Tracey Drexler, a mother of two, says she is pregnant with twins. She said she went online looking for Facebook groups who could provide her with advice on birthing twins, and found a group called Life With Twins.

"I've gotten lots of good advice on there. Being a first time twin-mom, you don't really know what to expect," said Drexler. "It's been helpful in a lot of ways."

Drexler was commenting on a thread along with another pregnant mother.

The woman commenting with Drexler befriended her on Facebook, and they started discussing their pregnancies. Drexler didn't think twice about sending a belly photo, she said.

"It was definitely innocent to start, like, she's just another mom, right?" said Drexler.

But innocent soon turned creepy.

"She asked about my nipples and how they were changing, and then she asked to see a photo," she said. "We kind of stopped talking then."

A short time later, Drexler noticed the group make a post about not allowing belly photos in the group due to people catfishing photos of pregnant women. Attached to the post was a link to a site called pregophillia.com.

"I remembered I had shared my picture with the creepy (person)," said Drexler. "I clicked on the link and went through the website. I found a photo of me."

Drexler said she sent the website an email and they took her photo down.

Susie Parker, social media strategist for Sparker Strategy Group, said there are certain things all people – not just pregnant women, should keep in mind when dealing with people online.

"Don't accept requests from people you don't know," she said. "If you do… you put yourself and (your) information at greater risk online."

> **It was definitely innocent to start, like, she's just another mom, right?**
> Tracey Drexler

ATTAWAPISKAT

Teenager hoping for change

Thirteen-year-old Sheridan Hookimaw killed herself on the banks of the river that flows through Attawapiskat, ultimately sparking a crisis that has now drawn international attention to her isolated First Nations community.

The sickly girl, who had to be flown out weekly for medical appointments, recorded video messages to her family saying she wanted to end her pain and telling them not to blame themselves. Since then, as many as 100 others in Attawapiskat have apparently tried to kill themselves, sparking panic among the First Nation's leaders, who recently declared a state of emergency in a desperate cry for help.

Among them is the big sister Sheridan left behind.

But Sheridan's death prompted the young woman to try to turn her life around. Now she wants other teens to know that suicide is not the answer.

"If you ever think about taking your life away, don't do it," she says. "Suicide ends your pain but it will go on to somebody else, and it's just going to keep on going." THE CANADIAN PRESS

Rebecca Hookimaw
THE CANADIAN PRESS

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A bloody weekend in the U.S.

From a shooting at a Wisconsin high-school prom to slain family members, this weekend in the U.S. saw at least 14 people killed, including gunmen. Investigations into all the shootings are still ongoing. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

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WISCONSIN

Dream night turns nightmare

An 18-year-old man opened fire with a high-powered rifle outside of a high school prom in northern Wisconsin, wounding two students before a police officer who was in the parking lot fatally shot him, authorities said Sunday.

Investigators did not say whether they believe the two students were specifically targeted or discuss a possible motive for the shooting. But a school administrator said it appeared that the gunman — identified as Jakob E. Wagner — intended to go into the dance and start shooting randomly.

The two prom-goers who were wounded were shot as they exited the building, according to Eric Roller, the chief of police in Antigo, a community of about 8,000 people roughly 150 miles north of Milwaukee.

GEORGIA

'A ticking time bomb'

The daughter of a northeast Georgia man suspected of shooting five people to death before killing himself said her father was a "ticking time bomb."

Lauren Hawes told The Associated Press on Saturday that she and her 1-year-old daughter hid in a neighbour's house — barely escaping with their lives — while her father, Wayne Anthony Hawes, 50, went on a bloody rampage and killed five people, including her grandmother and cousin.

Capt. Andy Shedd of the Columbia County Sheriff's Office said that the shootings stemmed from a domestic dispute that left three men and two women dead at two separate locations. The body of shooting suspect Hawes was recovered Saturday by authorities.

OHIO

'A pre-planned execution'

Residents of the rural southern Ohio community of Piketon are rattled by a rare major crime that took the lives of eight members of a tight-knit family in the area.

Authorities were still trying Sunday to find out who targeted the seven adults and teenage boy and why. Their bodies were found Friday at four different homes near Piketon, about 60 miles south of Columbus.

Attorney General Mike DeWine said Sunday the slayings were "a pre-planned execution" and he expects the investigation will be lengthy.

"This was very methodical. This was well planned. This was not something that just happened," said Pike County Sheriff Charles Reader, saying most were targeted while they were sleeping.

NATURAL DISASTER

Nepal marks anniversary of earthquake

People gathered Sunday at the remains of a historic tower in Nepal's capital that collapsed in a devastating earthquake a year ago, as Nepalese held memorial services to mark the anniversary of a disaster that killed nearly 9,000 people and left millions homeless.

Minor protests were also held, with demonstrators angry at the slow rate of reconstruction in the wake of the magnitude-7.8 quake that ravaged vast areas of Nepal.

Participating in the memorial ceremonies were people who lost loved ones in the quake, and others who simply came to pray for those killed.

About 100 protesters scuffled with riot police outside the prime minister's office demonstrating against the slow reconstruction of the homes. More than 600,000 homes were destroyed and around 185,000 damaged.

According to the International Federation of Red Cross and Red Crescent Societies, an estimated 4 million people are still living in sub-standard temporary shelters in conditions that pose a threat to their health and well-being. Only 661 families have received the first installment of a 200,000-rupee ($1,868) government grant, getting 50,000 rupees ($467) so far.

Nepal has made almost no progress in rebuilding from the quake despite foreign donors pledging more than $4 billion in aid during a donors' conference last year. The government, in disarray for nearly a decade, has not regrouped enough to be a strong force for reconstruction.

Out of the $4.1 billion pledged, Nepal has so far received just $1.28 billion. THE ASSOCIATED PRESS

Family members of earthquake victims pray during a Buddhist ceremony to commemorate the victims of last year's magnitude-7.8 quake that hit Nepal. GETTY IMAGES

FLORIDA

Employee killed by tiger broke the rules

A Florida zoo official says an employee who was killed by a tiger earlier this month didn't follow zoo policy.

Palm Beach Zoo CEO Andrew Aiken said that zoo policy prohibits zookeepers from entering an enclosure to which a tiger has access.

Stacey Konwiser, 38, was killed April 15 when a male Malayan tiger attacked her in the enclosure known as the night house, where tigers sleep and are fed. Aiken said Konwiser entered the part of the night house "after it was clearly designated as accessible by a tiger."

Stacey Konwiser
THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

EGYPT

Defend state from 'forces of evil': El-Sissi

Egypt's president urged citizens to defend the state and its institutions from the "forces of evil" on Sunday, a day before planned demonstrations against his policies, including the transfer of two Red Sea islands to Saudi Arabia.

In a widely televised speech, Abdel-Fattah el-Sissi insisted on the need for stability in the Arab world's most populous country, saying that attempts to degrade it "won't be successful" if Egypt stands united.

"We must protect these institutions because these mean the state," he said. "I am reiterating to the Egyptian people this is the responsibility of all of us, for us to protect this security and stability."

Earlier this month, thousands marched against el-Sissi's policies in the largest demonstrations since he assumed office in 2014. The protests featured slogans such as "leave," and "down with the regime," used in the 2011 uprising that toppled longtime leader Hosni Mubarak.

The protesters, including politicians and activists, called for more demonstrations on Monday, a national holiday that commemorates the withdrawal of the last Israeli troops from the Sinai Peninsula in 1982 under the Camp David peace agreement.

The armed forces will deploy at vital sites Monday to prevent saboteurs from taking advantage of these protests, Egypt's military spokesman Brig. Gen. Mohammed Samir said Sunday.

El-Sissi's comments raise the possibility of large-scale counter-demonstrations that could turn violent, in addition to a potentially harsh police crackdown - especially if the demonstrators attempt to reach the heavily policed Tahrir Square.

Protests are essentially banned in Egypt under laws passed after el-Sissi led the military overthrow of his elected but divisive Islamist predecessor, Mohammed Morsi, in 2013.

A petition titled "Egypt is not for sale," which calls for a reversal of the decision on the islands and supports the protests, was signed by more than 300 Egyptian novelists, lawyers and activists, and several calls have been made on social media for Monday's demonstrations to converge on Tahrir Square, the epicenter of the 2011 revolt against Mubarak.

THE ASSOCIATED PRESS

REFUGEE CRISIS 10,000 STUCK AT CLOSED BORDER CROSSING A man and his daughter with a group of men whiling away their time at a makeshift camp for migrants and refugees along the Greek-Macedonian border near the village of Idomeni on Sunday. More than 10,000 migrants have been stuck for weeks in grim conditions at this camp after a series of border closures on the Balkan migrant route. AFP/GETTY IMAGES

Youngest prisoner released by Israel

WEST BANK

Palestinian girl, 12, caught with knife under shirt

A 12-year-old Palestinian girl, imprisoned by Israel after she confessed to planning a stabbing attack on Israelis in a West Bank settlement, returned home Sunday after she was freed early following an appeal.

Dima al-Wawi is believed to be the youngest female Palestinian ever imprisoned.

Al-Wawi was greeted by about 80 relatives at her family's house in Halhoul, a village near Hebron, a West Bank city that has been a focal point of violence. Relatives decorated the house with balloons and posters. Banners by the Islamic militant group Hamas along with the Fatah party of Palestinian President Mahmoud Abbas adorned the walls.

"I am happy to be out. Prison is bad," al-Wawi told The Associated Press. "During my time in prison I missed my classmates and my friends and family."

According to court documents provided by the military, al-Wawi approached the West Bank settlement of Carmei Tsur on Feb. 9 with a knife hidden under a shirt.

A security guard ordered her to halt, and a resident instructed her to lie on the ground and told her to give up the knife, which she did.

Dima al-Wawi greets her mother upon her release from Israeli prison. AFP/GETTY IMAGES

An amateur video clip shown on Israeli TV showed the resident asking the girl, who was wearing her school uniform, whether she had come to kill Jews, and she said yes. She later pleaded guilty to attempted manslaughter in a plea bargain and was sentenced to 4-1/2 months in prison. She was freed early after an appeal.

Her case put Israel's military justice system in a tough spot because of her young age. Israel captured the West Bank from Jordan in the 1967 Middle East war, and Palestinian residents there are subject to a system of military law that can sentence suspects as young as 12 to prison.

By contrast, Israeli settlers in the West Bank, as well as Jewish and Arab citizens of Israel, are subject to Israeli civil law, which does not allow anyone under 14 to go to jail.

THE ASSOCIATED PRESS

MEXICO

Suspects tortured: Report

There is strong evidence that Mexican police tortured some of the key suspects arrested in the disappearance of 43 students, according to a report by an outside group of experts.

The Inter-American Commission on Human Rights expert group says that a study of 17 of the 110 suspects arrested in the case showed signs of beatings, including, in some cases, dozens of bruises, cuts and scrapes. One suspect said he was nearly asphyxiated with a plastic bag, and medical studies showed another had been slapped on the ears so hard his eardrums broke.

The Mexican government recently released documents suggesting investigations had been opened against police and military personnel, but authorities have not answered requests about whether anyone has been arrested or charged.

The 43 students have not been heard from since they were taken by local police in September 2014.

The allegations of torture could put in danger any chance of convictions, especially because the government's version of events — that corrupt police handed the students over to drug gang members who killed them and burned their bodies at a trash dump — hangs in large part on the testimony of some drug gunmen who now say they were tortured into confessing.

The group complained the government was slow to deliver evidence it had asked for; it criticized prosecutor's investigations as flawed and incomplete and suggested the government wanted to stick to its version, without investigating possible involvement by federal police and the army.

The report criticized the forensics investigations of human remains and evidence of fire at the garbage dump in the town of Cocula, Guerrero, saying that prosecutors had provided little evidence there ever could have been a fire a big enough at the site. THE ASSOCIATED PRESS

TURKEY

Rocket fire from Syria kills one

Five rocket projectiles fired from across the border in Syria hit a Turkish border town on Sunday, killing one person and wounding 26 others, Turkey's deputy prime minister said.

Yalcin Akdogan, who was visiting the southern town of Kilis, said two of the projectiles struck the town in the morning, slightly injuring six Syrian refugees and 10 Turkish nationals. Three more hit Kilis in late afternoon, killing one person and wounding 10 others.

The deputy premier said 45 rocket rounds have been fired at Kilis since Jan. 18, killing 16 people — including Sunday's fatality. At least 62 people have been wounded since then.

The Turkish military systematically responds by firing back at targets in Syria, in line with its rules of engagement, and Akdogan said Turkish artillery "immediately" retaliated to the rocket fire on Sunday.

The wider province of Kilis borders areas in Syria that are hotly contested by Syrian anti-government rebels, Kurdish factions and Islamic State militants. The governor for Kilis has said that the rocket projectiles have mostly been fired from Daesh-controlled territory. THE ASSOCIATED PRESS

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Rage against the machine

ROBOTS

Fears rise of a takeover by automated workers

Connie provides guests with information about restaurants, tourist attractions and more.

Domino's Robotic Unit (DRU) is an autonomous vehicle that carries pizza and sides.

The travelling robot hitchhiked across Canada in 2014, covering 10,000 kilometres.

Amelia, a call centre robot, uses enhanced natural language to go beyond the typical "press one to speak with someone."

Hype about robots — from artificially intelligent therapists to burrito-delivery drones — has surged recently amid increased investment from tech giants such as Facebook, Google and Amazon.

With so much high-profile coverage, it's no wonder fears have also soared that automated helpers could put us out of work. A recent Pew Institute study said more than two-thirds of Americans think that most jobs will be done by robots or computers in 50 years. But according to at least one expert, a full-fledged robot workplace invasion will not happen anytime soon.

"I scream when I see colleagues say that robots are going to replace people and be mimicking their brain," said Andrew Goldenberg, professor emeritus in mechanical engineering at the University of Toronto. "To compete with people from a certain level of skills and up? Give me a break."

The reason is that there are many limitations to machine learning. Robots are much better at learning tasks that can be memorized and have strict rules and structures: they can breeze through the math portion of an SAT but would flunk the essay section.

Robots are not going to be able to perform the most human of functions — those that require improvised, creative, emotional responses, any time soon, Goldenberg said.

However, robots replacing some manufacturing jobs — once the foundation of a middle-class life — has been happening for decades.

"In the auto industry we've seen the march of automation and increasing labour productivity rapidly for the last several decades," said Bill Murnighan, director of research at Unifor, Canada's biggest union.

Canada is producing about the same number of vehicles as it was two decades ago, with a quarter fewer workers. The lion's share of the change has come from new technology, including robots, said Murnighan.

It's a scenario that's become increasingly familiar to workers in the service industry, such as those in fast food, call centres, retail and bank tellers.

McDonalds Canada plans to outfit 1,000 locations with self-serve kiosks — though the company said it would not lead to job losses.

The White House's Council of Economic Advisers projected earlier this year that people making less than $20 an hour have an 83 per cent chance of losing their job to a robot, while the odds for those earning less than $40 are 30 per cent.

Even education might not be the protection from creeping automation it was once thought to be. A McKinsey & Co. study found most of what most of us do at work is repetitive and rote. That means robots might not entirely replace our jobs, but rather a lot of what we do.

About 45 per cent of the tasks Americans do across all jobs could be automated — even those in powerful positions. About 20 per cent of the work a CEO does could be automated, the McKinsey study found.

TORSTAR NEWS SERVICE

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NEWNORDIC.CA

Recording of Calgary mayor could be a felony, lawyer says

Brodie Thomas
Metro | Calgary

Secretly recording a conversation is not cool under Massachusetts law. But calling someone a "d—" is not a problem.

That's according to Boston-based lawyer Howard Cooper, who spoke to Metro about the potential legal fallout of a recording made of Mayor Naheed Nenshi last week in Boston.

A Lyft driver who picked up the mayor had the live-streaming app Periscope running on a device. Nenshi had no idea he was being broadcast and spoke candidly about his thoughts on the ride-sharing company Uber.

Calgary Mayor Naheed Nenshi TORSTAR NEWS SERVICE

Cooper said that under Massachusetts law, it is a felony to secretly record the audio of another person's voice without their consent.

He said there is even a famous case in which a man made a recording of police harassing him during a traffic stop because he had long hair. The man took the recording to police to lay a complaint and was charged with a felony.

As for what the mayor said about Uber CEO Travis Kalanick, there's really no legal problems there, according to Cooper.

Mayor Nenshi will now have some explaining to do at council on Monday about how the city tested Uber's screening system. In the video, Nenshi said sex offenders were hired to apply to Uber — something he later backtracked on in a statement.

metro VIEWS
Your essential daily news
Monday, April 25, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

A friend I've known since moving to Canada, who is deeply embedded in my social circle, makes me uncomfortable. He's rowdy and rude, and creepy toward my wife. Should I dump him? Can I?

Dear Ellen,

One of my oldest friends (I've known him since I came to Canada 11 years ago) is also from my country and shares connections with my people back home. But he does drugs to the point where I feel uncomfortable around him, and behaves in a horribly rowdy and rude manner. Also he is touchy-feely, really quite creepy, towards my wife, making suggestive comments and hugging her in an overly drawn-out and grabby way. My wife feels very skeeved out by this, but won't say anything as he's my friend. Unfortunately, his sister and my wife's stepbrother are together, and he's embedded in my social circle.

Should I dump him? How can I dump him?

Rakib, Toronto

Dear Rakib,

At some point, many of us look at certain friends and realize that if we met them now, there's no way we'd have anything to do with them. Whether it's their idiotic politics, crude manners, overweening narcissism, deadly dull conversation, or lack of personal hygiene we can't stand, the fact is we could live happily see the last of them tomorrow.

But if they're childhood friends, or family friends, or the "friends by default" we tend to accumulate through our social circles, we often accept them for who they are.

With friends past their shelf life, it can be less hurtful if you just politely evaporate over time.

You might even argue that it does us good to make room for all types in our lives.

As for friends who don't fit any of those categories, who may have crossed us in some way, or who add nothing but empty social obligation to our lives, and to whom we owe nothing, it is perfectly justifiable to let the friendship go.

The sleazy loser you're describing fits into the last category, and deserves to be dumped immediately.

Alas, with the extenuating circumstances you've described, I admit this won't be easy.

If he was a reasonable person who wasn't embedded in your life, I'd recommend you simply back off. When you repeatedly find excuses not to get together with someone, they'll usually take the hint and stop asking. Note: This is not allowed in romantic relationships, where you are obliged to explicitly tell your soon-to-be ex you want to break up, and then bear the brunt of any last words/objects they want to fling at you.

But with friends past their shelf life, it can be easier and less hurtful for both parties if you just politely evaporate over time. As a friend who's both dumped and been dumped, I can tell you this method works like a charm. In a couple of cases, it took me years to realize I'd been dumped at all! But the passage of time and my own (narcissistic?) powers of denial definitely helped to alleviate the sting.

Unfortunately for you, Rakib, the wife-groping, drug-taking, ill-mannered clod in your life is likely incapable of taking a hint. Even if you confront him directly, and unfriend him in person, he sounds like the type of jerk who'd stir up trouble among your surrounding friends and family.

What might work is if you address his behaviour on a case-by-case basis. If your wife can't bring herself to tell him not to grope her, you can ask him to be more respectful the next time he does it. When he's high, tell him you don't want to be around him. When he's rowdy and rude, call him out on his words and actions.

Keep it short and sweet, calm and polite. He may counterattack with ridicule or anger, so let him, shrug it off, and move on. Do not engage or argue. Consistently react with lecturing disapproval every time he reoffends.

With any luck at all, he'll soon find you to be a boring, self-righteous nag, and want to start avoiding you altogether.

Problem solved.

Need advice?
Email Ellen:
askellen@metronews.ca

ROSEMARY WESTWOOD

You gotta be pretty good with women to be as sexy as Prince was

Among all the other things more eloquently explained by hundreds of other people by now, Prince was a sexual god.

It's not an academic premise; it's a visceral fact. His music forces movement from secret, erogenous places, outwards. You tingle. You hum. Then you dance.

And it's anything but conventional titillation. Pan-sexuality is a decidedly dull and ubiquitous phrase for the fluid and erotic way he played with gender and desire. Prince's sexiness was dirty, and highly feminine, but also fundamentally loving in a way that is desperately lacking in the sex appeal of mainstream pop culture today.

For women, and really anyone who's not a hetero-male, and even hetero-males, his femme-sex-positiveness is still radical.

"Prince put women in his band. Thirty years ago," tweeted my friend, Helen Spitzer, on the news of Prince's death. "He wrote a sexy, beautiful song called 'If I was yr girlfriend.' I don't want to overstate this (cannot be overstated) but Prince thought women's orgasms were important."

"As a young woman it was very obvious to you he was women-focused, very female-centric on how he conceived of sexiness," Helen added when I called her up.

Which isn't to say he wasn't also masculine. Somehow, while lounging naked in a feminine pose, one hand delicately covering a bare nipple, he gave us a single outlet for sexual desires that would otherwise run in wildly opposite, or looping, or disjointed directions. Hard and soft.

He was also "genuinely sexually curious, in an utterly respectful way," Helen noted. And that was the other side of his sexual perfection. Its openness. Its authenticity. Its dignity, even when it was nasty. Its adoration of sexuality itself. "Sexuality is all we ever need," he sings in the aptly titled "Sexuality." And the "we" there is key — while Prince was having an orgasmic time, he wanted everyone else to, too.

Politically speaking, it's not exactly clear whether Prince always believed in the free erotic glory he embodied. A 2008 New Yorker profile suggested he disapproved of gay marriage. But from the reaction to his death, that is no match for his actual, deep and expansive legacy of sexual and gender freedom.

And, it should also be said, love. For at least the last three years, I've listened on repeat to Call My Name. Leaning hard on slow soulfulness, it is the perfect love song. Lust-love, heart-love, soul-love. The way your name, on the lips of your lover, "let me know that my name had never really been spoken before."

"Baby would you call it! Call my name," he begs. "... Prince."

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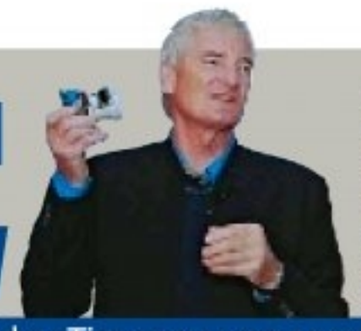
London has more billionaires than any other city, according to The Sunday Times newspaper's Rich List



James Dyson, inventor of the Dyson vacuum, is the first self-made Briton to reach the £5-billion mark, states the 2016 Rich List.

'There are no jobs' for new grads

EDUCATION

Even qualified engineers are feeling the oil price pinch

Shady Hashem, who did a co-op placement with Alberta's Syncrude, graduated from engineering at Dalhousie University into one of the worst job markets in recent memory. JEFF MCINTOSH/THE CANADIAN PRESS

Shady Hashem travelled part-way around the world to study as a mine engineer in Canada, at times paying triple the local tuition and working at a call centre to put himself through school, only to graduate in one of the worst job markets in recent memory.

"There are no jobs," said Hashem, 28.

"I talk to a lot of engineers, and the expected time to get a job is between six months and a year."

He came to Calgary to look for work after finishing classes at Halifax's Dalhousie University in December, hoping to find something in Alberta's oilsands with his co-op work experience at Syncrude last summer. But postings are slim, and he hasn't heard anything back after applying for 50 or so jobs in recent weeks.

"I'm applying everywhere, but I haven't heard back from anybody yet, not even an email that says, 'Sorry, this position has been filled,"' said Hashem. "That's very frustrating."

Hashem, originally from Egypt but now a permanent resident of Canada, is one of the many recent engineering grads who are struggling to find jobs as the oil-and-gas industry continues to slash jobs in the aftermath of the global oil price plunge.

Those still in school looking for work experience also face a daunting market as summer approaches.

Colleen Bangs, manager of career services at the University of Calgary, said only about a third of the 659 engineering students at the school have found placements for their year-long internships as companies cut back on campus recruitment.

"Something I've noticed, particularly in this last semester, is that there's a bit of an impending feeling of doom," said Bangs.

That's in stark contrast to the situation just a couple years ago, when the industry was booming.

"It was just a very different climate. Employers were racing to make offers," said Bangs. "Whereas now it's a bit more sombre to be totally honest. It's a lot slower, much like we're seeing in the general marketplace."

Several companies are cutting back on student hirings. Suncor said it's reduced hiring compared with recent years without giving specifics, while Cenovus Energy said it isn't hiring any students at all for now, paid or unpaid.

Cenovus spokesman Brett Harris said in an email that the company suspended the program given the challenging economic environment, which has resulted in more than 30 per cent of the company's overall workforce being cut since the end of 2014.

It's not all doom and gloom, however.

I'm applying everywhere, but I haven't heard back from anybody yet, not even an email that says, 'Sorry, this position has been filled'
Shady Hashem

At the University of Alberta, close to 70 per cent of the 1,300 students looking for four-month co-op placements have found them, said assistant professor Tim Joseph at the university's school of mining and petroleum engineering.

He said employers still have short-term hiring needs — and while the co-op students are paid a healthy salary ranging from around $3,000 to more than $6,000 a month at times, companies aren't on the hook for senior-level salaries, benefits or other long-term obligations.

"It's not the same expense as a full hire. You can normally get two to three people for the price of one," said Joseph.

Joseph said he's hoping to get more than 80 per cent of students in co-ops this summer, compared with a peak of 96 per cent in the boom years. Students who can't find placements risk losing their spot in the co-op program, and graduating without work experience.

But even those graduating with experience are struggling, said Joseph, as they look for those elusive long-term, full-time jobs. He recently asked for a show of hands in the graduating class of about 850 of those who had a job lined up, and said only about 20 per cent raised their hands.

Hashem was fortunate enough to find co-op placements throughout his program, so has some savings to live on, but he's cut back on expenses where he can. With few jobs to apply for, he's spending most of his time these days trying to further improve his skills, taking an online course on project manager principles so he can apply for civil engineering jobs.

THE CANADIAN PRESS

MONEY MATTERS

Can you really afford that mortgage?

Kara and her husband, Petrie, decided to get pre-approved so they could shop for their next home knowing the mortgage was good to go. They couldn't believe how much the bank said they could borrow.

If you think that a lender won't give you more mortgage than you could afford to repay, you might be wrong. A 2011 study showed that 200,000 Canadians couldn't manage any increase in their mortgage payments, while another 700,000 couldn't handle a $200-per-month increase.

The mortgage you qualify for should not be the determining factor in how much home you buy. Lenders have been throwing money at people, confident in their ability to claim any losses back from CMHC (Canada Mortgage and Housing Corporation). Normal lending criteria have gone out the window; replaced by a quick glance at credit scores.

I've heard stories of bankers encouraging people to put down less money so the mortgage will be CMHC insured. I've even heard stories of people being offered better interest rates for smaller down payments. Go figure.

My rule of thumb is to not spend more than 35 per cent of your net income on shelter including mortgage payments, property taxes, insurance, utilities, and maintenance. If you bring home $3,750 and your mate earns $4,225 after taxes each month, you have a total net income of $7,975. Divide that by 100 and multiply by 35. (7975 ÷ 100 x 35 = $2,791) That gives you $2,791 you can afford to spend on shelter.

That is not how much you can afford to spend on a mortgage.

What's it going to cost for your property taxes? My home insurance runs to $100 a month. Utilities (heating, electricity, water, sewage) cost me about $225 a month. Then there's home maintenance. If you'll pay condo fees, use those plus an additional $200 a month for stuff you have to do inside your unit. No condo fees? Use 3 per cent of the value of the home, sans property. For the sake of projection, estimate of $500/month for maintenance. When you add up all those costs it comes to $1,125 not including a mortgage payment.

So if you have $2,791 to spend on shelter, and you're spending $1,125 on everything but mortgage, you have ($2,791 – $1,125 = $1,666) up to $1,666 to spend on your mortgage payment.

Time to head over to a mortgage calculator to see how much mortgage you can afford. Plug in different mortgage amounts to see which number comes closest to what you can afford. Don't squeeze yourself into the biggest mortgage you can manage, since any increase in interest will take your mortgage payment higher at renewal. GAIL VAZ-OXLADE/METRO

YOU CAN DO THIS INFORMATION SYSTEMS ANALYST

'Sometimes your passion comes later in life'

WHY I LIKE MY JOB
Kamran Khan, 35, Toronto, Implementation Consultant

As an implementer at QHR Technologies Inc., my job is training primary-care physicians, specialists and medical staff in the successful adoption of electronic medical records.

The old standards of managing patient encounters were limited to paper-based processes and disjointed systems that have been around for decades. Introducing a fully comprehensive digital system can be challenging to an entire clinic. That's where implementers provide concise, clear and positive training.

The future is a seamless pan-Canadian standard, so that patients can move across the country and still access their medical data and hospital reports, and so your family doctor always knows what's going on with you.

Patients want better health care, and companies like mine are saying, 'We can get there.' That means the world to me. You always hear stories about someone whose health concern could've been handled more efficiently, but the gaps are closing.

I never thought I'd be specializing in health-care IT. It just goes to show you sometimes your passion comes later in life. You just have to embrace it.

PROVIDED

THE BASICS:
Information Systems Analyst or Consultant

$75,000

The median wage of people working as information systems analysts or consultants. Some make as much as **$108,000**, and can earn even more as executives and directors.

Steady

The expected growth in this field over the next several years.

Data for this feature was provided by George Brown College's Career Coach tool.

HOW TO START
A computer systems technology or computer systems analyst diploma from a college is a good place to start. A bachelor of technology in computer systems or bachelor of computer science are also good options.

WHERE YOU CAN GO
The field is open for information systems specialists. In-house careers include IT specialist or network IT specialist, systems administrator or computer programmer. Many information systems specialists also work as consultants and trainers; either as employees or freelancers.

NEXT CAREER STEP
Information systems experts are needed in almost all fields. Many choose to specialize in a particular sector, like health care, public administration, finance or aerospace; and may combine subject knowledge with IT expertise. The most rapid growth is projected for occupations that combine information technology with business acumen. METRO

SLUGLINE

How celebrities influence our choices in health

After Angelina Jolie's opinion about her preventative double mastectomy went viral, it spawned the so-called "Angelina Jolie effect" influencing a rise in the invasive procedure.

Now, a new study highlights just how much media coverage of celebrities may be influencing women with breast cancer to choose a double mastectomy — and it goes way beyond Jolie's New York Times column.

"People underestimate the impact of celebrity news reports on medical knowledge," says study author Dr. Michael Sabel, chief of surgical oncology and a breast cancer surgeon at the University of Michigan Comprehensive Cancer Center.

Sabel's research analyzed more than 720 articles from major American publications covering celebrity breast cancer diagnoses and treatments between 2000 to 2012.

During that time, 17 celebrities disclosed their diagnosis and treatment plans. (Jolie wasn't included in the study, since she didn't actually have breast cancer, but rather opted for a preventative double mastectomy given her higher risk of breast cancer thanks to an inherited BRCA1 gene mutation.)

The study, published in the Annals of Surgical Oncology in April, found the type of surgical treatment used on a celebrity was mentioned more often if it was a double mastectomy — and 60 per cent of stories about celebs going that route for treatment didn't mention anything about their genetics, family history or risk of breast cancer.

During the 12-year study span, the number of women with breast cancer who underwent double mastectomy at the University of Michigan rose nearly fivefold.

Sabel is careful to point out celebrity stories might not directly be causing this spike, and could be just one of many reasons behind rising double mastectomy rates — such as the availability of genetic testing in the early 2000s. Still, he says celebrity media coverage is likely influencing women's decisions. "We're finding that a lot of patients are coming in with their minds already made up."

It also began earlier than the "Angelina Jolie effect," Sabel says. There was a clear rise in double mastectomies prior to her 2013 op-ed, tied to media coverage of celebrities like Christina Applegate, who announced she had breast cancer, and the BRCA "breast cancer gene," back in 2008 and underwent a double mastectomy for treatment.

After Angelina Jolie wrote a column about her double mastectomy for The New York Times, there was a rise in the invasive procedure. DON ARNOLD/WIREIMAGE

While media coverage of these celebrity decisions usually has a positive tone, Sabel says there's a lack of evidence showing double mastectomies decrease the risk of cancer recurrence or improve survival rates, compared to other less-invasive treatment options. "It's important patients understand their options," he says.

Canadian health policy expert Timothy Caulfield, who debunked health myths perpetuated by celebrities in his book Is Gwyneth Paltrow Wrong about Everything, praised Sabel's study.

"It really speaks to the power of celebrity culture," he notes.

The rich and famous can make a difference when the messaging is simple, he adds — things like wearing a seatbelt or quitting smoking. Sabel agrees, noting the positive impact of Jolie's piece for raising awareness about genetic testing. Similarly, colonoscopy rates went up after Katie Couric underwent the test on the Today Show.

But choosing a breast cancer treatment based on a celebrity story? That's a different ball game.

"When it's a complicated topic like that, we should avoid using celebrities as a template, as a source of advice," Caulfield says. TORSTAR NEWS SERVICE

STUDY

Drawing helps memory

Cramming for an exam? Need to memorize a presentation? New research suggests that the best way to boost your power of recall is to draw pictures.

That's according to a study out of the University of Waterloo in Canada which found that between drawing and writing out words repeatedly, drawing was the more effective way to retain information.

Researchers presented student participants with a list of simple words like "apple" and were given 40 seconds to either draw the word or write it out repeatedly. Afterwards, students were asked to freely recall as many words as possible from the list in 60 seconds.

Participants were able to recall twice as many words when they drew them compared to when they wrote them out.

"We discovered a significant recall advantage for words that were drawn as compared to those that were written," said study lead author Jeffrey Wammes.

"We labelled this benefit 'the drawing effect,' which refers to this distinct advantage of drawing words relative to writing them out." AFP

Beyoncé tackles tough topics in album

MUSIC

Intoxicating surprise album tackles tough topics

Beyoncé doesn't simply release albums anymore, she unleashes events.

And so it was this weekend, amid deep mourning for a lost icon, music's queen dropped Lemonade, an arresting display of what technically qualifies as videos and singles, but is better described as a work of art that appeared deeply personal, yet is a bold social and political statement as well.

$17.99

The Canadian price to download **Beyoncé's video album Lemonade** from online music provider Tidal.

It contains revenge anthems for scorned wives, a requiem for side chicks, a display of #BlackGirlMagic and support of #BlackLivesMatter, and an ode to forgiveness, all wrapped into an hour-long HBO special Saturday night that would, of course, land on Tidal, the music-streaming service owned by hubby Jay Z, moments after the special ended.

"Are you cheating on me?" Beyoncé's husky voice intones early on. For the first half of Lemonade, it seems that Jay Z's 100th problem was here, and unfixable.

While Beyoncé has used rumours of infidelity to fuel her music for years, it seemed as if she was spilling all the tea on her much-scrutinized marriage with Lemonade.

On Hold Up, an intoxicating song with an island beat, a smiling Beyoncé takes Crazy in Love to a new level: She smashes a bat on everything around her while reminding her man that other women "don't love you like I love you." Later, on Sorry, with a twerking Serena Williams by her side, she shows her man the stupidity of his cheating ways and all he's lost. "Middle fingers up, put 'em hands high, put it in his face, tell him 'Boy bye.'"

At another point, she references her man's desire for "Becky with the good hair" and talks about wearing his mistress's scalp.

What could come across as desperate instead becomes empowering, though, in part due to the poetic narrative Beyoncé uses to tie each segment together, as well as the imagery, which is a defiant celebration of the beauty of black women: Dark to light, woolly hair to wavy hair, all looking glorious.

And just as we think it's time to get seriously concerned for Jay Z's safety, he appears, nestled with his queen, in Sandcastles, which speaks to a troubled union but a love that transcends it.

While much of Lemonade would appear to tie into Beyoncé's own life, or so she would have us believe, she also draws from the angst of the black community: The mothers of Trayvon Martin and Michael Brown are seen, among others, looking sombre as they hold photos of their slain sons.

At another point, she tells the audience via the voice of Malcolm X that "the most disrespected woman in America is the black woman."

Toward the end of Formation, not included on the HBO special but part of the album, Beyoncé intones: "You know you that b— when you cause all this conversation."

THE ASSOCIATED PRESS

Beyoncé confronts the infidelity rumours swirling around her husband Jay Z head-on in Lemonade. EZRA SHAW/GETTY IMAGES

TREND

Rising prices delay home buying for U.S. millennials

Short of savings and burdened by debt, America's millennials are struggling to afford their first homes in the face of sharply higher prices in many of the most desirable cities.

Surveys show that most Americans under 35 lack adequate savings for down payments. The result is that many will likely be forced to delay home ownership and to absorb significant debt loads if they do eventually buy.

Steadily rising home values in recent years have eclipsed pay increases, making it especially difficult to buy in major growth areas for jobs, such as San Francisco, Denver and Seattle.

Nationally, 37 per cent of millennial renters have saved nothing at all for a down payment, according to a survey of 30,000 renters being released Wednesday by Apartment List, a company specializing in rental home searches.

At the same time, 79 per cent of millennial renters say they aspire to own a home, illustrating a troublesome gap between expectations and financial realities.

Even those diligent enough to set aside money are still short the cash to buy a home.

Among larger metro areas, millennial renters who are saving have put aside an average of just $5,830. This marks less than one-fifth the savings needed for the typical 20 per cent down payment on a starter home costing $175,000. The lack of savings raises doubts about whether the under-35 crowd will also delay marriage and children, said Andrew Woo, a data scientist at Apartment List.

One possibility — already evident in some markets — is that first-time buyers are making smaller down payments and paying mortgage insurance or slightly higher interest rates on mortgages.

Excess housing debt roughly a decade ago inflated a housing bubble and then triggered a market crash that led to the worst economic downturn since the Great Depression more than 80 years ago.

"A lot of millennials are not saving enough for a 20 per cent down payment for a home," Woo said. "What does that do for our financial system — especially since we had the financial crisis less than 10 years ago? Are we willing to let homebuyers be highly leveraged like they were before?"

Millennials not only entered a job market still healing from the downturn, but arrived with high student debt burdens, with averages approaching $30,000. Fifty-three per cent of homebuyers under 35 last year said that student loans had delayed their purchases, according to a survey released last month by the National Association of Realtors.

THE ASSOCIATED PRESS

Nationally, 37 per cent of millennials have saved nothing at all for a home. ISTOCK

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metro SPORTS

Vincent Lecavalier says he still plans to retire this summer, ending a 17-year NHL career in which 1998's No. 1 pick accumulated 949 points

Whitecaps awaken from scoring slumber

MLS

Vancouver tallies its first open-play goal on the season

Cam Tucker
Metro | Vancouver

Saturday's sudden scoring outburst from the Vancouver Whitecaps started with some luck and ended with a swagger rarely seen from the local MLS club so far in 2016.

The Whitecaps earned a 3-0 win over visiting and previously red-hot FC Dallas at BC Place Stadium, snapping a scoring slump that had seen them shut out in three straight games. Vancouver finally scored from open play for the first time this year, which surely had to lift some weight off the shoulders of manager Carl Robinson and his players.

Sure, the Whitecaps benefited from a fortunate bounce. They opened the scoring on an FC Dallas own goal after Kekuta Manneh's cross deflected in off Dallas defender Maynor Figueroa. It didn't matter if it was pretty goal or an ugly one, Vancouver wasn't in position to be picky.

In the second half, Jordan Harvey, typically left-footed, booted in a loose ball with his right foot off a corner kick and Manneh later slid the ball through the legs of goalie Chris Seitz. The Whitecaps, backed by a four-save effort from David Ousted, were on their way.

The Whitecaps needed Ousted to shut the door. His performance was exceptional.

Above all else, however, the Whitecaps needed to score. They did that, and didn't seem content with just three, hunting for more in the final minutes.

Jordan Harvey scored one of the Whitecaps' three goals against FC Dallas on Saturday at BC Place Stadium. DARRYL DYCK/THE CANADIAN PRESS

> **There will be some new faces on the team on Wednesday. We have a busy week ahead of us.**
> Whitecaps coach Carl Robinson

This is a difficult stretch in Vancouver's schedule. FC Dallas had gone six games without a loss prior to Saturday.

Sporting KC visits Wednesday. With a win, the Whitecaps would leapfrog that club into the final playoff position in the West. Then, it's off on the road to face New York City FC.

Three games in seven days, and two of those against teams ahead of the Whitecaps in the West. A win with some scoring over Dallas was a good start. By no means are they out of the woods.

There could be more good news regarding the status of injured star midfielder Pedro Morales.

"I think there's a good chance, yeah," said Robinson, when asked if Morales could soon return to the lineup.

"Obviously, there will be some new faces on the team on Wednesday. We have a busy week ahead of us."

SPEEDSKATING

Morrison recovering from brain blood clot

Canadian speedskater and four-time Olympic medallist Denny Morrison is recovering in hospital after suffering a blood clot in his brain while in Salt Lake City, Utah, on Saturday.

According to Speed Skating Canada, Morrison was spending free time near Salt Lake City when he was rushed to hospital by Josie Spence, a member of the long-track speedskating team who was travelling with Morrison on his trip, after Spence noticed Morrison was exhibiting signs of a "cerebrovascular accident."

Denny Morrison GETTY IMAGES

A CT scan and MRI confirmed that Morrison suffered a blood clot in his brain and a carotid artery dissection, said a statement from Speed Skating Canada, however no surgery was required. Morrison is also not on blood thinners.

"The doctor suggested that I recovered quickly because I am a very healthy young person," Morrison said in a statement.

"I would like to thank everyone for their messages of support, and especially Josie who is with me and who was able to recognize the signs quickly."

Morrison, who is from Fort St. John, B.C., is still in the U.S., and a return to Canada has not been determined, according to Speed Skating Canada.

CAM TUCKER/METRO

PREMIER LEAGUE

Leicester notch 4 without top scorer

No Jamie Vardy, no problem for Leicester.

Even with their top scorer suspended, the Premier League leaders still overpowered Swansea 4-0 on Sunday to move a step closer to collecting the trophy.

The only team which can now catch Leicester is Tottenham, and the pre-season 5,000-1 outsiders have their destiny in their own hands. Tottenham is eight points behind Leicester going into Monday's game against West Bromwich Albion.

Leo Ulloa GETTY IMAGES

Leicester will be guaranteed the title by collecting five points from its remaining three fixtures.

Leicester dismantled Swansea. Vardy's replacement, Leonardo Ulloa, scored twice after Riyad Mahrez's opener and Marc Albrighton completed the rout.

THE ASSOCIATED PRESS

IN BRIEF

Wondolowski leads Quakes past Sporting Kansas City

Chris Wondolowski scored on a penalty kick and David Bingham had five saves to help the San Jose Earthquakes beat Sporting Kansas City 1-0 on Sunday.

Wondolowski's goal, scored in the 58th minute, was his MLS-leading seventh of the season.

San Jose (4-2-2) has scored at least one goal in 21 consecutive games, the longest active streak in MLS.

THE ASSOCIATED PRESS

Carrera sparks Jays' bats in series victory over A's

Ezequiel Carrera and Jose Bautista homered Sunday as the Toronto Blue Jays continued to swing hot bats in a 6-3 victory over the Oakland Athletics.

The Toronto attack, which was sluggish to open the season, woke up against the Athletics with 20 runs, 32 hits and six home runs to win the series two games to one. Carrera helped trigger the offence with seven hits in the series. THE CANADIAN PRESS

MLB

Miley earns his first win with Mariners

Wade Miley GETTY IMAGES

Wade Miley overcame a shaky first inning that included a home run by slumping Albert Pujols to post his first victory in a Mariners uniform, helping Seattle beat the Los Angeles Angels 9-4 Sunday.

Kyle Seager, Leonys Martin and Seth Smith hit home runs for the Mariners.

The left-handed Miley (1-2) allowed four runs and six hits in 7-1/3 innings.

THE ASSOCIATED PRESS

SUNDAY HOCKEY

STARS 5, WILD 4

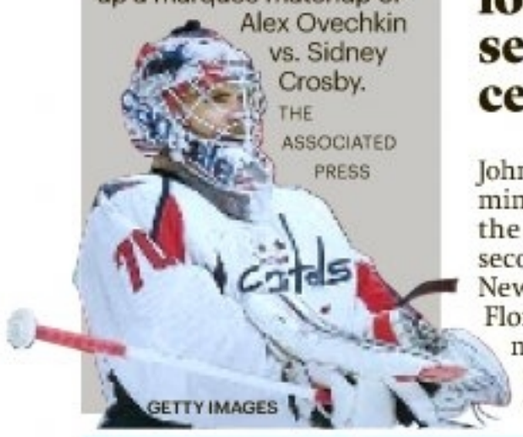
Jason Spezza scored his fourth goal of the series and added three assists, and goalie Kari Lehtonen and the Dallas Stars needed every last one of them to hold off the Minnesota Wild 5-4 on Sunday to wrap up the first-round series in six games.

Jared Spurgeon scored two of Minnesota's four third-period goals, both on the power play, and the Wild came within a fraction of an inch of tying the game with 34 seconds remaining when Nino Niederreiter whacked at a loose puck in the crease. Freeze-frame replays showed it in the net, but not fully across the line.

CAPITALS 1, FLYERS 0

Nicklas Backstrom scored, Braden Holtby had 26 saves, and the Washington Capitals beat the Philadelphia Flyers 1-0 in Game 6 to win the series 4-2 and advance to the Eastern Conference semifinals.

The Capitals will play the Pittsburgh Penguins, setting up a marquee matchup of Alex Ovechkin vs. Sidney Crosby. THE ASSOCIATED PRESS



GETTY IMAGES

John Tavares taps in the game-tying goal against Panthers goalie Roberto Luongo on Sunday night in Brooklyn. BRUCE BENNETT/GETTY IMAGES

Isles' Tavares has finishing touch

NHL PLAYOFFS

New York gets long-awaited series win on centre's pair

GAME 6 In Brooklyn

2 1

John Tavares tied it in the final minute of regulation and got the winner at 10:41 of the second overtime, leading the New York Islanders past the Florida Panthers 2-1 Sunday night and into the second round of the playoffs for the first time since 1993.

Tavares skated in and fired an initial shot that former Canucks goalie Roberto Luongo saved, but the New York captain got the rebound, wrapped around the net and stuffed the puck in to end the longest home game in Islanders history.

The Islanders will next face Tampa Bay.

Thomas Greiss finished with 41 saves in the teams' second straight two-overtime game and third in the series to go past regulation. The Islanders won Game 3 here 4-3 in the first extra period, and took Game 5 in Florida 2-1 at 16 minutes of the second OT.

Jonathan Huberdeau scored late in the first period for Florida. THE ASSOCIATED PRESS

NBA PLAYOFFS

Curry hurt but Dubs rain 3s on Rockets

GAME 4 In Houston

121 WARRIORS 94 ROCKETS

Klay Thompson scored 23 points and the Golden State Warriors set an NBA playoff record with 21 three-pointers to overcome another injury to Stephen Curry and beat the Houston Rockets 121-94 on Sunday for a 3-1 series lead.

Curry returned after missing two games with a sprained right ankle, but did not play in the second half after spraining his right knee on the final play of the second quarter.

Golden State was just fine without him thanks to three-point shooting that led to a 41-point third quarter. The Warriors bested the NBA record they shared for threes in a playoff game when Brandon Rush made one from the top of the key with about 2-1/2 minutes left.

Golden State hosts Game 5 on Wednesday.

Dwight Howard led Houston with 19 points and 15 rebounds. James Harden had 18 points, 10 assists and seven steals.

The Warriors made eight threes in the third quarter alone to set a franchise playoff record for three-pointers in a period. Thompson led the way from long range, going 7-for-11, and Draymond Green made four.

Curry slid awkwardly to the court while defending on the last play before halftime and immediately grabbed his knee. He got up and looked to have trouble putting weight on it before jogging with a limp to the locker-room. THE ASSOCIATED PRESS

IN BRIEF

Cavs finish Pistons in 4

Kyrie Irving scored 20 of his 31 points in the second half, and the Cleveland Cavaliers finished off a four-game sweep of the Detroit Pistons, holding on for a 100-98 victory on Sunday night.

The Cavs advance to the second round to play either Atlanta or Boston whose series is tied 2-2.

LeBron James had 22 points for Cleveland. THE ASSOCIATED PRESS

Spurs make quick work of mauling Grizzlies

Kawhi Leonard scored 21 points as the San Antonio Spurs routed the Memphis Grizzlies 116-95 on Sunday, sweeping the best-of-seven opening-round series.

It was the Spurs' third post-season sweep of the Grizzlies (2004 and 2013).

San Antonio now awaits the winner of Oklahoma City-Dallas, a series that the Thunder lead 3-1. THE ASSOCIATED PRESS

UFC 197

Jones returns to octagon a winner

Jon Jones unanimously outpointed Ovince Saint Preux on Saturday night at UFC 197 to take the interim light heavyweight title in his return to the octagon.

On probation for a previous hit-and-run crash in New Mexico, Jones had been stripped of the title.

Jones improved to 22-2 with winning scores of 50-44, 50-45 and 50-45 from the judges. He will next face Daniel Cormier to unify the title. Saint Preux fell to 19-8.

"I needed to do this and get this fight out of the way. I felt like I only used 20 per cent of my technique tonight," Jones said.

Jones was unable to inflict any serious damage, but was able to control most of the action, landing numerous kicks and strikes, easily outclassing his opponent. Jones kept Saint Preux at a distance with a variety of leg kicks throughout the first round.

Jon Jones GETTY IMAGES

Jones landed two spinning back kicks and a solid side kick to the body, keeping Saint Preux at a distance and preventing him from landing any significant shots. Saint Preux was able to close the distance in the second round, landing a few strikes in a closely contested round.

The usually dominant Jones seemed to show a little rust in his return, with the heavy underdog Saint Preux keeping the fight competitive in the middle rounds with neither fighter gaining an edge. It turned in the fourth round as Jones was able to secure two big takedowns and easily take the round. THE ASSOCIATED PRESS

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RECIPE Kale Salad with Chicken and Blueberries

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We're holding tight to the if-you-cook-it-spring-will-come philosophy and switching over to a lighter menu. This kale salad gets lots of flavour and texture from chicken and sweet berries.

Ready in
Prep Time: 15 mintues
Serves: Four

Ingredients
- 2 boneless, skinless chicken breasts
- 1 Tbsp olive oil
- 1 small head of kale
- 1 cup blueberries
- 1 cup pecans, roughly chopped
- Salad dressing
- 1/2 cup crumbled goat cheese
- salt and pepper to taste

Directions

1. Season chicken with a pinch of salt and pepper. Grill breasts on the barbecue or a grill pan for about 5 minutes a side until they are cooked through. Set aside.

2. Wash kale and use a sharp knife to cut out the rib of each leaf. Slice the leaves horizontally into ribbons. Drizzle with a bit of olive oil, toss, then massage leaves for a minute or two.

3. Cut chicken into bite-sized pieces. Toss the chicken, berries and pecans in with the kale. Pour a small amount of salad dressing over and toss. Crumble the goat cheese over the salad. Place the extra dressing on the table for anyone who would like a little more on their salad.

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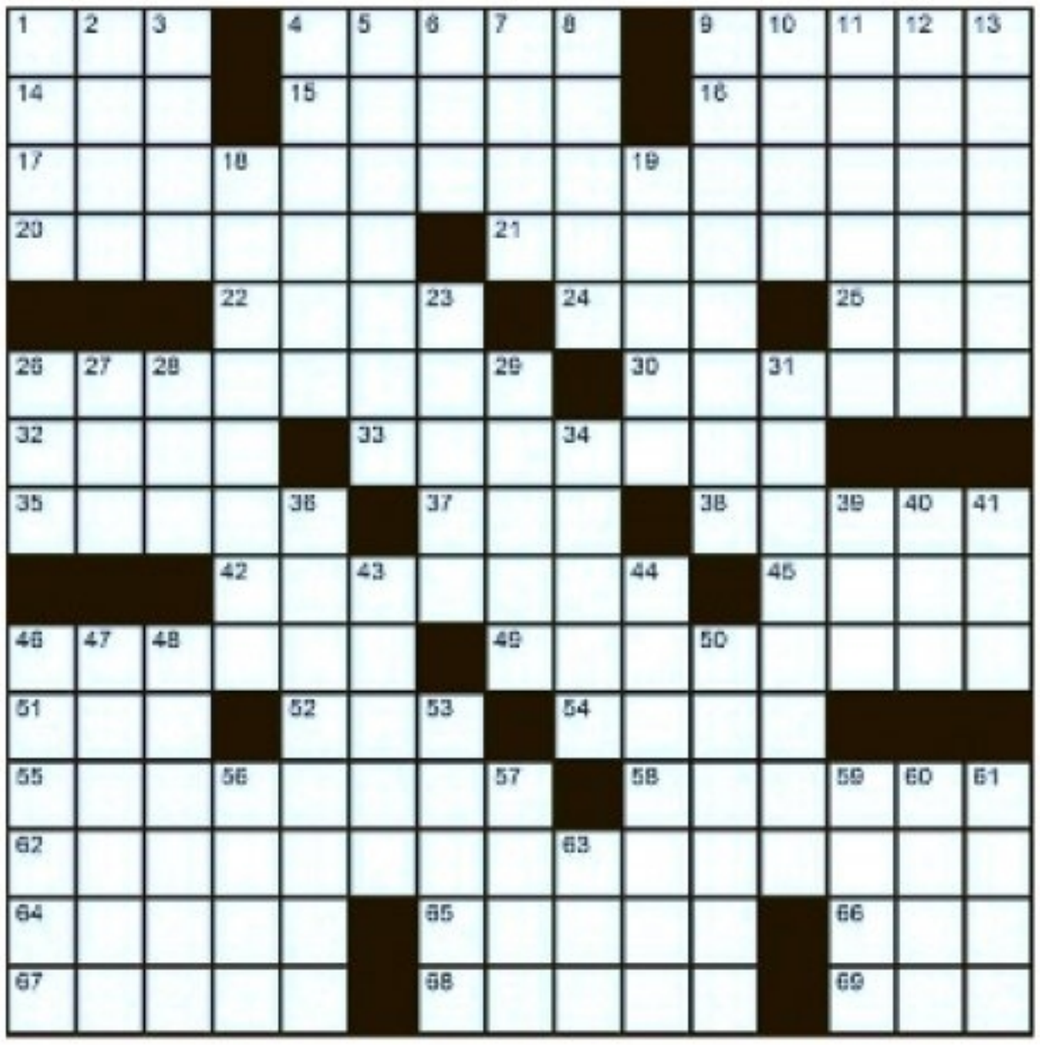
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Beaver-built barrier
4. Cramp
9. Tiger: French
14. Identity part
15. "__ a stinker?" - Bugs Bunny
16. Against a thing, at law: 2 wds.
17. Nunavut's official flower: 2 wds.
20. Jason of "The Lost Boys" (1987)
21. One trusting another with info
22. Above
24. US medicine watchdog
25. Canadian language, e.g.
26. Spot for a stop on a road trip: 2 wds.
30. Prison person
32. "__ the Groove" by Madonna
33. "American Idol" alum who famously sported a faux-hawk
35. Particular pears
37. France: Le Chateau _'__ (Castle attraction in Upper Normandy)
38. Misses in Madrid, mini-ly
42. Barry Manilow hit bit: "__, __, well / You came and you gave..."
45. National Park in Field, BC
46. Songstress Ms. Gore
49. Judd Hirsch sitcom: 2 wds.
51. Swiss peak
52. Game-on-grass gr.
54. Cruising
55. Beau __ (Star on MTV's "Awkward." from Victoria)
58. Household
62. Remotely banished in Russia: 3 wds.
64. Saltpetre, US-style
65. Chilliwack song
66. Advantages
67. Shoe's bottom design
68. Tatshenshini-__ Park, in northwestern BC
69. Actress, Myrna __x

DOWN
1. Hollywood star Johnny
2. Water: Spanish
3. Beetle Bailey creator Mr. Walker
4. Genealogy test sample
5. Ones attaching jigsaw puzzle bits together, say
6. Years: French
7. Disconnected, in music [abbr.]
8. __ __ sun and cloud (Weather forecast)
9. "Breakfast at __" (1961)
10. Crucifix inscription
11. Best quality, as per food: wd. + letter
12. One who rules when the monarch can't
13. Surface
18. Procedure/etiquette
19. New Delhi's country
23. __ __ book (Do this at the library)
26. Poke fun
27. U2 producer surname
28. Holy ones [abbr.]
29. A means to __ __
31. Kingston-born Celtic singer Ms. Lamond: 2 wds.
34. Herod the Great's realm
36. German __ (Woof!)
39. Also
40. Relieved-one's sound
41. __-in-law
43. "Goodness gracious.": 2 wds.
44. "Baywatch" star Ms. Bleeth
46. Bemoan
47. Magical potion
48. Soft drink name
50. Sportswear brand
53. SAG-__ (Show-biz union)
56. Actress Ms. DuVall
57. Stable offspring
59. Husk
60. Mr. Vannelli
61. Simple
63. Khloe, to Kim

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Do not be discouraged if studies or travel possibilities look too difficult. Many people think that they are overwhelmed with burdens today, but this is temporary.

Taurus April 21 - May 21
You might be discouraged because your fair share of something is less, or there isn't enough money to do something in conjunction with someone else. Just wait, because this challenge will pass.

Gemini May 22 - June 21
Someone older might rain on your parade today. Don't take this personally, because we all feel this in different ways today. Sigh.

Cancer June 22 - July 23
If someone older or more experienced is critical of you at work today, listen in case there is something of value in what he or she has to say. Yes, it will discourage you, but such is life.

Leo July 24 - Aug. 23
Children might be an increased responsibility today. Likewise, romance might be in the toilet. Fear not; this is a fleeting disappointment.

Virgo Aug. 24 - Sept. 23
An older family member might disapprove of your actions today. Oh well, what's new? This sort of thing goes up and down all the time. Just wait it out.

Libra Sept. 24 - Oct. 23
Don't be gripped by worries today. Remember that old saying: "Worry is like a rocking chair. It gives you something to do, but gets you nowhere." It's true.

Scorpio Oct. 24 - Nov. 22
You might be discouraged because you don't have enough money to do something today. Well, join the club — we number millions. No worries.

Sagittarius Nov. 23 - Dec. 21
Today the Moon in your sign is lined up with stern Saturn. This means that duty and obligations come first. Consider this an opportunity for hard work.

Capricorn Dec. 22 - Jan. 20
You will work hard behind the scenes today to accomplish as much as possible, because you see the objective that you want to attain. No pain, no gain!

Aquarius Jan. 21 - Feb. 19
Listen to the advice of someone older or more experienced because this person might help you today. (After all, you don't have to reinvent the wheel, do you?)

Pisces
Feb. 20 - March 20
It won't be easy to persuade authority figures to go along with what you want today. Therefore, wait for another day to make your pitch. Timing is everything.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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						8		
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4				8		7		6

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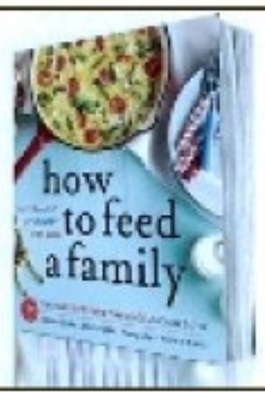

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3	7	1	5	2	4	6	9	8
2	8	9	6	3	1	4	5	7
5	6	4	7	8	9	1	2	3
1	9	8	2	7	6	3	4	5
4	2	3	9	5	8	7	1	6
6	5	7	4	1	3	9	8	2
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7	1	6	8	9	5	2	3	4
9	4	5	3	6	2	8	7	1

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